



STATE NORDIC SKI TERMS AND CONDITIONS

Dates: State Championships: FEBRUARY 25-26-27, 2010

Location: Birch Hill Recreation Area in Fairbanks

Official Hotel: Wedgewood Resort

Qualifying Process: All schools that have Nordic ski programs (presently 25) are invited to send one boys team of 6 individuals and one girls team of 6 individuals. Schools can send less than a complete team if they wish. Team members are to be selected by the head coach with no specific ASAA qualifying criteria other than the normal eligibility rules.

Entries: Entry forms are posted on this website:

http://skiraces.sportalaska.com/2009-2010/21-45-asaa-all/asaa_main.htm

All entries will be submitted to John Estle at this address: sportalaska@gci.net
Entries must be sent no later than **noon on Monday February 22.**

Seeding:

Individual Races. There will be six seed groups for each individual race. Only one skier per team may be placed in each group. Please note with the entry form that coaches should seed the skiers for the interval start free technique race and that seeding for the mass-start classic race will be based upon the free technique result, so they SHOULD NOT seed based on the skiers' classic skills.

Mass Start Races: The results of the individual races held on Thursday will be used to seed the Mass Start Race on Friday using the chevron start format. There will be no manipulation of the Thursday results by the Race Committee to accommodate any issue that might occur with an individual (illness, breaking a pole, etc.) Individuals own their positions, not the teams. Therefore, skiers performing poorly in the individual races cannot replace teammates positions in the mass race.

Relay Races: Relays involve four skiers of the same gender. The first two legs of the relay will be using the classic technique, and the last two legs will be using the freestyle technique. The number of lanes set at start shall be equal to the number of schools entering teams in the relay. Teams will submit their order of racers at the Friday coaches meeting. Race day changes in start order must be submitted to the race secretary no later than one hour prior to the start of the first relay event of the day. Start positions for the relay will be assigned based upon the team rankings after the first two day's events. Mixed teams of different schools may not be entered in the relays.

Substitutions: In the event an entered contestant is unable to compete due to extenuating circumstances (illness, injury, ineligibility), a substitute may be entered at the coaches meeting prior to the first day of competition. Once that meeting has ended, teams cannot add substitutes.

Forms: There are a number of online forms that each school must submit to ASAA prior to the Nordic Ski State Championships.

Roster: Submit this form no later than Sunday Feb. 21 to be entered into the state souvenir program. This is not your official entries and is just for the publication.

Code of Conduct: Each head coach must submit no later than Tues. Feb. 23

Academic Award: Each school must submit no later than Tues. Feb. 23

Good Sport Team Form: Each head coach must submit no later than Feb. 23

Pass Form: Each head coach must submit no later than Feb. 23.

Team Photos: Each school is encouraged to submit a team photo of their entire Nordic Ski team for inclusion in the state souvenir program. Photos need to be submitted no later than Friday Feb. 19 to John Andrews at jandrews@asaa.org

Rules: The USSA/FIS rules will be utilized with some modifications/additions as noted in the Alaska Nordic Skiing Manual which was last revised in Jan. 2009.

Race Format: The state championships are held over a three day period with one race for boys and girls teams each day. The races include two individual competitions and one relay competition. The style of races will alternate each year. Girls will start first on freestyle days and boys will start first on classical days.

Race order for odd years: (2011)

Day 1 – Individual Classic Race (7.5k boys, 5k girls)

Day 2 – Mass Start Freestyle Race (7.5k girls, 10k boys)

Day 3 – Team Relays (4x3k girls followed by 4x5k boys)

Race order for even years: (2010)

Day 1 – Individual Freestyle Race (5k girls, 7.5k boys)

Day 2 – Mass Start Classical Race (10k boys, 7.5k girls)

Day 3 – Team Relays (4x3k girls followed by 4x5k boys)

Mass Starts may use a chevron start system to provide a better and safer opportunity for the best skiers to advance to the front.

Timing and Start Formats: In all interval start events, electronic timing with start wands and finish beam must be used. For individual races, intervals between skiers are normally 30 seconds. However, if the course permits, the Race Chief may designate a 15-second interval start. This decision shall be communicated at the coaches meeting prior to that day's race. Coaches are responsible for getting their athletes to the start line on time.

Scoring: Scoring is based on time. The time for each racer's individual race is combined to determine the skimeister, the top ten in each event and the All-State Team. The team scores are based on the times of the top four finishers in each race. That score is added to the relay score to determine the final place finish.

Competition Jury: The meet director will form a jury that should include the following individuals or their replacements:

- 1) Technical Delegate
- 2) Asst. Technical Delegate
- 3) ASAA Representative
- 4) Meet Director
- 5) Chief of Race
- 6) Two coaches selected at random

Course Maps and Facilities: Course maps for each race will be posted on the Nordic Ski page of the asaa.org website and reviewed at each coaches meeting where further instructions regarding warmup areas, spectator areas, etc. will be announced. ASAA will work with the Meet Director to ensure that the courses used for state competition meet all safety and technical requirements as specified in the USSA rules.

Results: Interim results will be posted on the official notice board during each event as soon as available. Unofficial results will be posted for each gender within 20 minutes of the completion of each competition. The time period during which protests may be filed begins at the moment that the results are posted. Hard copies of results will be available at each coaches meeting.

Protests : A head coach may file a protest against the results or against some sanction taken by the jury. This must be done in writing within 15 minutes following the posting of unofficial results. The jury will hear the protest, discuss the issue and make its ruling. Decisions by the jury are final and cannot be appealed. Once official results are posted, there can be no protests and the only changes to the results will be for clerical errors that are discovered.

Memorabilia: A variety of state championship memorabilia (including ski t-shirts, sweatshirts, caps, and programs) will be on sale at the main lobby of the Ski Chalet at Birch Hill.

Awards: An awards ceremony will be held following each day's results. Medals for the top ten racers overall and the top three racers in 2A/3A classifications will be presented. Following the final day's competition, team awards, skimeister, All-State Team and Good Sport Team awards will be presented.

Team Awards:

- 1st and 2nd Place Team Trophies
- Academic award plaque for one team overall
- Plaque for top 2A/3A boys and girls teams overall

Individual Awards:

- Medals for members of the first and second place teams overall and top 2A/3A teams both boys and girls.
- Medals for the top ten individuals overall and top three 2A/3A racers for each individual event.
- Good Sport Tee-shirts and certificates for one boy and one girl from each team of five or more selected by their coach.

- Certificates for the top ten boys and girls from the skimeister ranking and recognition as the All-State Team.